



# BLUE MOOSE

BAR & GRILL

## LUNCH MENU M-F 11AM-4PM

### SANDWICHES

Sandwiches come with choice of French fries, coleslaw, homemade chips, fresh fruit or cottage cheese. Sub sweet potato fries +.99 | Sub cup of soup +2.99 | Sub small house salad +2.99 | Sub small entrée salad +2.49 | Sub Gluten-Free bun +1.49

**BUFFALO CHICKEN WRAP** – Fried chicken tenders tossed in a Buffalo-style hot pepper sauce and wrapped in a chipotle tortilla with our 3 cheese blend, lettuce, tomato, bacon, red onions and bleu cheese dressing on the side ..... 12.99  
Substitute Grilled Chicken +1.00

**HALF SMOKED CLUB & SOUP OR SALAD COMBO** – Ham, turkey, cheddar & provolone cheese, smoked in-house and stacked with bacon, lettuce, tomatoes, and mayo. Served on toasted wheat bread with a side cup of soup or side house or Caesar salad ..... 8.99

**BLUE MOOSE BURGER\*** – Black Angus ground beef served on fresh locally baked bun with crisp lettuce, fresh tomato, pickles and onion. Add cheese .75 Cheddar, American, bleu cheese crumbles, traditional pepper jack or extra spicy ghost pepper jack cheeses. .... 12.99

**TURKEY BURGER** – Grilled fresh ground turkey topped with goat cheese and grilled onions. Served with lettuce, tomatoes and pickles on a grilled bun ..... 11.99

**VEGGIE BURGER** – A spicy blend of black beans and brown rice, grilled and topped with fresh avocado, lettuce, tomato, onions and pickles on a grilled bun ..... 11.99  
Add Cheese +0.75

**HERB-GRILLED CHICKEN SANDWICH** – Herb marinated chicken breast served on a grilled bun with basil pesto aioli. Topped with smoked fresh mozzarella cheese, fresh tomato and mixed greens ..... 12.49

**SMOKED CLUB** – Ham, turkey, cheddar & provolone cheese, smoked in-house and stacked with bacon, lettuce, tomatoes, and mayo. Served on toasted wheat bread ..... 13.49

**TURKEY PESTO PANINI** – Smoked turkey, fresh sliced tomato, provolone cheese and basil pesto grilled to perfection on sourdough bread ..... 12.99

### ENTRÉE SALADS

**SPICY CHICKEN SALAD** – Chicken, peanuts, cilantro, crushed red peppers, mixed greens and tortilla strips tossed with honey-lime mustard and topped with peanut dressing ..... 12.99

**THE WEDGE** – A wedge of crisp iceberg lettuce topped with chopped bacon, Maytag bleu cheese, Fuji apples, scallions, golden raisins, heirloom cherry tomatoes and roasted garlic ranch dressing ..... 11.99  
Chicken +2.99 | Salmon\*, Shrimp or Steak\* +4.99ea

**LUNCH SPRING SALAD** – A bed of fresh Spring mix with candied walnuts and dried cherries. Tossed in champagne vinaigrette ..... 6.99  
Chicken +2.99 | Salmon\*, Shrimp or Steak\* +4.99ea

**LUNCH CAESAR SALAD** – Romaine hearts tossed in Caesar dressing with croutons and Parmesan cheese ..... 6.99  
Chicken +2.99 | Salmon\*, Shrimp or Steak\* +4.99ea

**LUNCH HOUSE SALAD** – Mixed greens with carrots, tomatoes, cucumbers, onions, cheese and croutons. Served with your choice of dressing ..... 6.99  
Chicken +2.99 | Salmon\*, Shrimp or Steak\* +4.99ea



All dressings are gluten-free

Blue Cheese | Caesar | Fat-Free Italian  
Honey-Lime Mustard | Fat-Free French | Roasted Garlic Ranch  
Champagne Vinaigrette | Oil & Vinegar

### APPETIZERS

**TRADITIONAL HUMMUS** – Served with cucumber, oven-roasted tomatoes, kalamata olives, feta cheese, olive oil and pita bread. Try it with just veggies for a gluten-free option ..... 9.99

**SPINACH ARTICHOKE DIP** – A creamy blend of spinach, artichoke hearts, melted Parmesan and provolone cheese. Served with warm pita and tortilla chips ..... 10.99

**SHRIMP WONTONS** – Our spin on the Crab Rangoon. Creamy wonton filling and shrimp wrapped up and fried to a golden brown. Served with a sweet and spicy Thai chili sauce.. 10.99

**FRIED PICKLES** – A mound of thinly sliced pickles dipped in a special Blue Moose beer batter and fried to a golden brown, served with roasted garlic ranch dressing ..... 9.99

**CHIPOTLE QUESADILLAS** – Chipotle tortilla with a blend of 5 cheeses, pico de gallo and your choice of steak or chicken. Served with chipotle ranch and homemade salsa.  
Chicken ..... 12.99  
Carne Asada Steak ..... 14.99

**BUFFALO WINGS** – One-pound of mouth-watering fried chicken wings tossed in Buffalo-style hot pepper sauce. Served with celery sticks and bleu cheese dressing. .... 12.99  
*Try them "Yaddi Style" and have them finished over our live hickory & oak grill*

### LUNCH-SIZED ENTRÉES

Add a cup of soup or a house salad +2.99 | Add a Spring Salad or Caesar Salad +2.99

**CHICKEN & VEGETABLE CURRY** – Tender pieces of pan-seared chicken, zucchini and carrots in a rich coconut curry sauce. Served with white rice and topped with toasted coconut, sesame seeds and Thai peanut sauce ..... 11.99  
Shrimp +4.99

**FISH & CHIPS** – Lunch portion of light and flaky white fish, Boulevard Wheat beer battered and fried to a golden brown. Served with French fries, coleslaw and lemon-caper aioli ..... 11.99

**CARNE ASADA TACOS** – 2 soft corn tacos filled with marinated steak, cheese, chipotle aioli, pico de gallo, pickled onions, jalapenos and cilantro. Served with chipotle rice, black beans and our house salsa verde aquacate ..... 16.99

**GRILLED MAHI FISH TACOS** – 2 soft corn tortillas filled with blackened mahi, chipotle aioli, lettuce & pico de gallo. Served with chipotle rice, black beans and our house salsa ..... 15.99

**HAND-BREADED CHICKEN FINGERS** – Three tenders marinated in buttermilk, hand-breaded and lightly fried. Served with French fries, coleslaw and honey-lime mustard dressing ..... 11.99

### BUILD YOUR OWN MAC N CHEESE

Cavatappi pasta tossed in our award-winning 6 cheese sauce. Topped with garlic-buttered bread crumbs ..... 10.99

Grilled or Breaded Chicken | Spicy Chicken | Carne Asada Mix +2.99ea  
White Truffle Oil | Spinach & Artichoke Mix +1.99ea

Hickory-Smoked Bacon | Maytag Bleu Cheese | Sautéed Mushrooms  
Steamed Broccoli | Sautéed Spinach | Roasted Garlic | Grilled Asparagus  
| Ghost Pepper Jack Cheese +0.99ea

### SIDES & SOUPS

French Fries, Coleslaw, Homemade Chips, Cottage Cheese, Fresh Fruit, Steamed Broccoli, Black Beans, Rice Pilaf, Chipotle Rice.. 2.49ea

Sweet Potato Fries ..... 3.49

Signature Six-Cheese Mac N Cheese ..... 3.99

**ARTICHOKE BISQUE** – Artichoke hearts, steamed tomatoes, green onions, herbs and white wine garnished with a goat and bleu cheese crostini ..... 4.99 | Cup...3.49  
*Try it without the crostini for a gluten-free option!*

**SOUP OF THE DAY** – Creative soups made daily...4.99 | Cup...3.49

We occasionally use nuts and nut-based oils in some of our menu items. If you are allergic to nuts or any other foods, please let your server know.

\*Some foods may contain raw or undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.



Items marked as Gluten-Free have ingredients that have been verified as gluten free by our suppliers OR can omit ingredients which contain wheat gluten. While we strive to provide accurate information, ingredients do change from time to time and our kitchen is NOT gluten free. Cross contact may occur. Please help us prepare your meal to your satisfaction by stating your dietary needs when ordering.